

Tips to Informal Caregivers  
on Giving Personal Care

**Control of Bleeding**

The best way to control heavy bleeding is to hold a thick pad or clean cloth over the wound and to press down hard. If no pad is available, use the bare hand until one can be obtained. If the injury involves an extremity and if there are no broken bones, raise the injured part above the level of the heart. Support it with rolled-up coats, etc. Maintain these measures until help arrives.

*The above statements are not intended to diagnose, treat, cure or prevent any disease. You should always consult with your physician about any health and lifestyle concerns or issues you may have.*